FILIPINO PSYCHOLOGY REVIEWER

Detailed and Structured Study Guide

Covers the uploaded lessons on **Sikolohiyang Pilipino**, **Filipino concepts in understanding the person**, **research methods in Filipino psychology**, and **the core concept and structure of the Filipino personality**.

This reviewer highlights the most important ideas, key terms, scholars, ideologies, and examples in a clean study format so it is easier to memorize and understand.

Main Focus	What to Remember
Core concept	Kapwa as shared identity
Key scholar	Virgilio G. Enriquez - Father of Filipino Psychology
Major themes	Decolonization, culture-based psychology, relational self, indigenous methods
Exam tip	Understand each concept, then connect it to a simple daily-life example

1. What is Sikolohiyang Pilipino?

Sikolohiyang Pilipino is the indigenous psychology rooted in Filipino thought, experience, language, culture, and history. It studies the Filipino using Filipino concepts instead of forcing Western theories to explain Filipino behavior.

It emerged because Western psychology often judged Filipinos using foreign standards. As a result, Filipino values and behaviors were sometimes misunderstood, simplified, or labeled negatively.

Main idea: Filipino psychology is not just psychology done in the Philippines. It is psychology viewed from the perspective of Filipinos themselves.

Why it developed

- Western psychology dominated the Philippines during colonization.
- Early theories often treated Filipino behavior as inferior or backward when compared with Western norms.
- Filipino scholars argued that behavior must be understood in its own cultural and historical context.
- This led to the move toward indigenization and decolonization of psychological knowledge.

Core goals of Filipino Psychology

Goal	Meaning	Simple Example
Cultural relevance	Psychological concepts should fit Filipino life and culture.	Use kapwa to explain social behavior instead of only using in
National identity	Psychology should strengthen understanding of Filipino identity.	Studying loob values in schools and communities.
Decolonization	Challenge the assumption that Western theories are automatically universal.	Creating Filipino tests and methods rather than just translatin
Empowerment of local knowledge	Filipino perspectives should produce valid knowledge.	Using community stories and local language in research.

2. Important Scholars, Names, and What They Pioneered

Scholar	What they are known for	What to remember
Virgilio G. Enriquez	Father of Filipino Psychology; formally introduced Sikolohiyang Pilipino in 1975	Pioneered a psychology based on Filipino thought, experience, a
Alfredo V. Lagmay	Supported the development of local psychological concepts and ideas	Pointed to traits such as courage, determination, and risk-tak
Zeus Salazar	Historian and scholar linked to Filipino-centered thinking	Identified the four filiations of Sikolohiyang Pilipino.
Frank Lynch	Studied Filipino social values	Known for discussing pakikisama and smooth interpersonal relat
Jose de Mesa	Explored Filipino theological and cultural concepts	Explained loob as the core of personhood.
Leonardo de Castro	Philosophical interpretation of Filipino concepts	Translated loob as will, emphasizing intention and moral action.
Carmen Santiago	Important in indigenous social research	Her 1975 work became a turning point in local research methods

Three terms that are easy to confuse

Term	Meaning
Sikolohiyang Pilipino	Psychology rooted in Filipino culture and perspective.
Sikolohiya sa Pilipinas	Psychology practiced in the Philippines, which may still be Western-based.
Sikolohiya ng mga Pilipino	Studies about Filipinos, whether done by Filipinos or foreigners.

3. Key Ideologies and Foundational Ideas

- **Indigenous orientation:** knowledge should come from Filipino history, language, and lived experience.
- **Relational view of the self:** the Filipino self is formed through relationships, not just private individuality.
- **Holism:** behavior includes thought, feeling, morality, social ties, and even spiritual dimensions.
- **Context matters:** family, community, culture, and history shape behavior.
- **Decolonization of knowledge:** local concepts should not be treated as lesser than imported theories.

Indigenization from without vs indigenization from within

Approach	Meaning	Limitation or strength
From without	Translating or adapting Western theories and tests to Filipino	Useful at first but often fails to capture the true Filipino psyche
From within	Discovering concepts directly from Filipino culture and experience	Stronger and more authentic because the ideas grow from Filipino life it

Study tip: If an exam asks what makes Sikolohiyang Pilipino different, the safest answer is this: it explains Filipino behavior using Filipino categories, Filipino language, and Filipino cultural assumptions.

4. Kapwa: The Core Concept

Kapwa means **shared identity** or **shared inner self**. It is the core concept of Filipino psychology because it rejects the idea that the self is completely separate from others.

- A person is not understood as isolated from family and community.
- The other person is not merely 'someone else' but is connected to the self.
- Kapwa highlights equality in dignity, respect, and moral regard.
- It emphasizes interconnectedness and mutual responsibility.

Kapwa vs Western individualism

Aspect	Western individualism	Filipino psychology (kapwa)
Main focus	Independence	Relationships and connectedness
View of self	Self is separate from others	Self is defined through others and community
Decision making	Personal preference often comes first	Family, group harmony, and relationship effects matter

Aspect	Western individualism	Filipino psychology (kapwa)
Meaning of growth	Personal success and autonomy	Shared growth, social responsibility, and relational balance

Two categories of kapwa

Category	Meaning	Usual interaction
Ibang Tao	Outsider; strangers or acquaintances	Formal, careful, and cautious
Hindi Ibang Tao	One-of-us; family, close friends, trusted people	Warm, open, and personal

Example

A student may speak politely and carefully to a new professor because the professor is still *ibang tao*. The same student may be more open, expressive, and relaxed with close friends because they are *hindi ibang tao*.

5. Levels of Social Interaction

Based on the framework associated with Enriquez and Santiago, Filipino social interaction moves from surface contact with outsiders to deep unity with people who are considered one-of-us.

Category	Level	Meaning
Ibang Tao	Pakikitungo	Courtesy or civility
Ibang Tao	Pakikisalamuha	Social interaction or mixing with others
Ibang Tao	Pakikilahok	Joining or participating
Ibang Tao	Pakikibagay	Adapting or conforming appropriately
Ibang Tao	Pakikisama	Getting along; maintaining smooth relations
Hindi Ibang Tao	Pakikipagpalagayang-loob	Mutual trust and rapport
Hindi Ibang Tao	Pakikisangkot	Involvement or deep participation
Hindi Ibang Tao	Pakikiisa	Oneness or unity with others

Quick way to remember the pattern

The movement is from **polite contact** to **shared trust**. As a relationship deepens, the interaction becomes less formal and more emotionally invested.

6. Related Filipino Concepts and Values

Concept	Meaning	Why it matters	Example
Pakikipagkapwa	Treating others as fellow human beings	Shows the ethical side of kapwa	Respecting a helper, vendor, or worker with dig

Concept	Meaning	Why it matters	Example
Pakikiramdam	Shared inner perception; sensitivity to feelings and unspoken concerns	Very important in indirect communication	Sensing that someone is uncomfortable even i
Pakikisama	Maintaining smooth interpersonal relations	Promotes harmony in groups	Going along with the group to avoid unnecessa
Utang na loob	Debt of gratitude; reciprocity after receiving help	Builds obligation, solidarity, and loyalty	Helping a benefactor when they later need sup
Hiya	Sense of shame, propriety, and concern for social perception	Regulates social behavior	Avoiding rude behavior in public because it is r

Hiya: important forms

Form	Meaning
Nakakahiya	Embarrassing
Napahiya	Put in an embarrassing or awkward position
Ikinahiya	To feel embarrassed about someone
Mahiyain	Shy; may be seen negatively or positively depending on context
Kahihiyan	Shame, propriety, or embarrassment

Important correction: In Filipino psychology, hiya is not only shame. It can also reflect modesty, restraint, and awareness of proper behavior.

7. Loob and the Filipino Inner Self

Loob literally means 'inside,' but in Filipino psychology it refers to the **inner self** or the **core of personhood**. It includes intention, morality, emotional life, and personal will.

Scholar	View of loob
Jose de Mesa	Loob is the core of personhood; not just inside, but relationally shaped through interaction with others.
Leonardo de Castro	Loob can be understood as will - the source of intention, choice, and moral action.

Why loob matters

- It helps explain why actions are judged not only by what is done, but by intention.
- Integrity of loob is linked to trust and respect.
- A person with magandang loob is seen as kind, generous, and humane.

Internality and externality

Dimension	Meaning	Example
Panloob (internal)	What is felt, believed, or known within	Dangal, ligaya, timpi, damdam

Dimension	Meaning	Example
Panlabas (external)	What is visible, expressed, or recognized by others	Puri, saya, pigil, dama

Example: Puri vs Dangal

Puri is honor given from the outside, such as praise or public recognition. **Dangal** is honor from within - a person's sense of true worth, character, and integrity.

8. Other Important Values: Bahala Na and Societal Values

Bahala Na

Bahala na is often translated loosely as 'come what may' or expressed in the phrase *Bahala na ang Diyos*. Early interpretations treated it as fatalism or resignation.

Interpretation	Meaning
Early interpretation	Seen as fatalism, resignation, or lack of responsibility.
Filipino psychology reinterpretation	Lagmay argued it is a positive affirmation of courage, determination, and readiness to take ris

So in class discussion, do not reduce bahala na to laziness. It can express bravery in uncertain situations.

Societal values

Value	Meaning	Key idea
Karangalan	Dignity and honor	Includes both internal self-worth and public respect.
Katarungan	Justice and fairness	Linked to moral accountability and right treatment.
Kalayaan	Freedom and autonomy	Connected to self-determination and national identity.

9. Research Methods in Filipino Psychology

Filipino psychology uses indigenous methods that match Filipino communication styles, values, and relationships. The researcher is not expected to be cold and detached all the time. Instead, cultural sensitivity and rapport are central.

Method	Meaning	Best used when	Example
Pakikipagkuwentuhan	Conversational sharing or storytelling	Studying personal and sensitive experiences	Talking informally with participants about family
Pagtatanong-tanong	Informal questioning	Gathering views in everyday settings	Asking community members in a natural, flexible
Pakikiramdam	Intuitive sensing of mood and unspoken cues	Participants do not express their views directly	Noticing hesitation, silence, or discomfort
Panunuluyan	Living with the community	Deep immersion is needed	Researcher stays within the community and join
Pakikipagkapwa	Treating the participant as equal, not as an object	All stages of research	Building trust before asking serious questions

Filipino vs Western or positivist methods

Aspect	Filipino approaches	Western / positivist methods
Values	Kapwa, trust, empathy	Objectivity, detachment
Process	Immersive and flexible	Structured and formal
Researcher role	Co-participant	Detached observer
Goal	Community welfare and understanding	Generalizable knowledge

Exam idea: Pakikipagkuwentuhan works well in Filipino settings because trust, familiarity, and natural conversation often produce richer and more honest data than a rigid interview style.

10. Ethical Principles and Development of Indigenous Research

Five guiding principles

- The level of interaction or relationship between researcher and participant matters.
- Participants should be treated as equals, or even with special respect, not as mere data sources.
- The welfare of participants should come before the data.
- The method must fit the people and their cultural norms.
- The language of the people should be the language of research whenever possible.

Development of indigenous measures

Period	Development	What changed
1950s	Early educational tests	Mostly Western cognitive and academic measures.
1960s	Projective personality tests	More attention to inner self and emotions, but still limited.
1975	Panukat ng Ugali at Pagkatao (PUP)	A major move toward indigenous personality measurement.
1980s to 1990s	Expanded and diversified local measures	More traits linked to kapwa, pakikiramdam, bahala na, and loob.
2000s to present	Advanced and digital measures	Online behavior, relational intelligence, stress, and mental health are includ

11. Quick Summary Sheet

Topic	One-line summary
Sikolohiyang Pilipino	Psychology rooted in Filipino culture and perspective.
Virgilio Enriquez	Father of Filipino Psychology.
Kapwa	Shared identity; self is connected with others.

Topic	One-line summary
Ibang Tao / Hindi Ibang Tao	Outsider vs one-of-us.
Pakikiramdam	Sensitivity to unspoken feelings and cues.
Hiya	Social shame, propriety, and concern for how one is seen.
Utang na loob	Debt of gratitude and reciprocity.
Loob	Inner self, intention, and moral core.
Bahala na	Readiness, courage, and determination in uncertainty.
Pakikipagkuwentuhan	Conversational sharing as a research method.

12. Practice Examples for Recitation or Essay

- A student keeps quiet because they sense the teacher is irritated. - **Pakikiramdam**
- A worker helps the boss who once paid for their hospital bill. - **Utang na loob**
- A person avoids rude behavior during a family event because it is nakakahiya. - **Hiya**
- A group decides together and a member agrees to preserve harmony. - **Pakikisama**
- A researcher lives in a community before conducting a study. - **Panunuluyan**
- A person says bahala na before taking a difficult exam, meaning they are ready to face the result bravely. - **Bahala na**